

ARE YOU 65+.



We would like to invite **you** to a great, fun and interactive group

Held on

Wednesdays 10.00am – 12.30pm

ART THERAPY
COLLAGE
CRAFTS
BEAUTY THERAPY
BINGO
BOOK DISCUSSION
COOKING CLASSES
DANCING, MUSIC AND SING ALONG
GENTLE EXERCISE
GUEST SPEAKERS ON VARIOUS TOPICS
KNITTING, MEN - PAINTING
MAKE YOUR OWN SKIN CARE PRODUCTS
MEDITATION, YOGA AND RELAXATION
TAI CHI
TRIVIAL PURSUITS
BOARD GAMES- SCRABBLE, TRIVIAL PURSUITS AND DOMINOES
WRITING YOUR MEMOIRS

MORE IDEAS ARE WELCOME.

**PLEASE EXPRESS YOUR INTEREST TO YAYESH,
NEIGHBOUR AID CO-ORDINATOR ON 9387 2885 OR MOBILE 0430242601**